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Yoga Meditation

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Yoga Meditation

So it is me down here —
 pressed into sand at seafloor,
 dark starfish

 here and now
is still and cool
from gill-slits
 thoughts bubble up,
 burst at ocean's skin.

So it is me —
 watching my body's undulation,
 jellyfish in brine,

breath
 sea anemone

angelfish slide over me
without a ripple,

 I am deep...
could drown in the tranquil,
 want to rest here
 seaweed-still
 nestled in green sea rocks

— *Katie Marshall Flaherty, Lay Spiritan*

